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JUNE 1989

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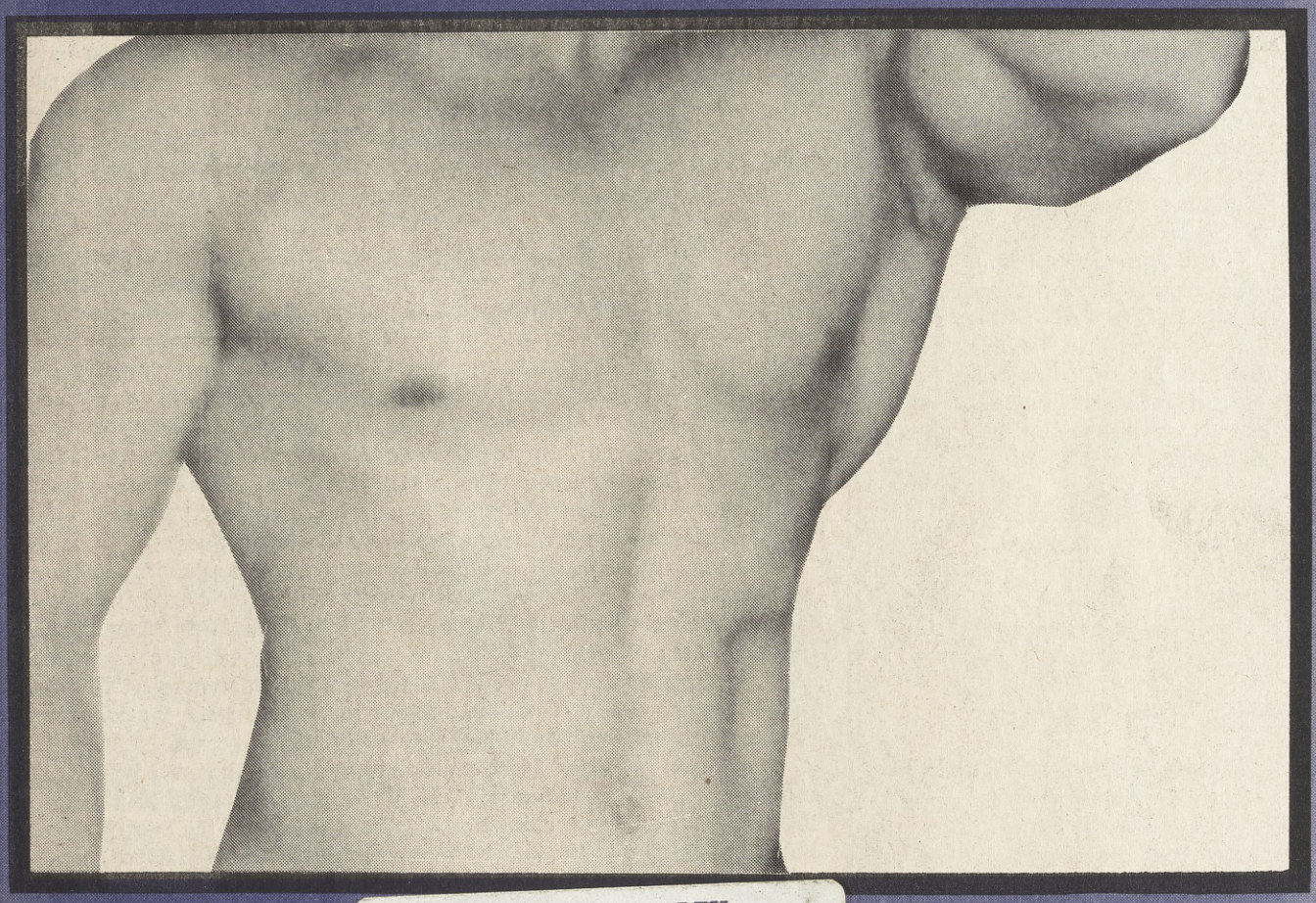

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PATLAR

Voice of Gay America

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DOUBLE MISCHIEF

by Wendy Caster

The Power Of The Triangle

In Nazi Germany in the 1930s and early 1940s, Jews were made to wear yellow Stars of David and homosexuals were made to wear pink triangles. In San Diego in 1988, at the Lesbian Rights Conference, pink triangles were sold out of a box with a label saying, roughly, "Put this triangle in your car's right rear window if you are single and in the left rear window is you are not."

When I saw this label, I said to the person behind the table, "You're using a Holocaust symbol for cruising?" She replied, "It's a pride symbol now." I didn't pursue the matter; it was a lovely and important weekend, and I didn't want to make a big deal out of a small thing. But as time has passed, I have become more and more convinced that this trivialization of the pink triangle is not a small thing at all.

According the the dictionary, symbols are material things used to represent something invisible. As such, they are magical. They represent the past and the present, unity among people, oppression and victory, love and pride. Symbols resonate with other people's lives and deaths; they can become the focus for growth or revolution. Symbols can be spiritual, even holy. They are as precious as those invisible things they represent, and they must be treated with respect.

The pink triangle is a particularly potent symbol. All of us must remember that tens of thousands, perhaps hundreds of thousands, of gay people were murdered under this symbol. Yet many of us don't remember that--or never even knew it. Gay history is smothered in the straight world, and no matter how good an education we may get, we learn little of our people's past in straight schools. As a result, we must take the responsibility for keeping our own history alive. As gay people come out, we must tell them that we were killed in the ovens of Germany. We must tell them that we were considered the lowest of the low in concentration camps. It is often said that those who forget their history are destined to repeat it; the pink triangle is part of that history, and its representation of our oppression must not be forgotten.

Besides reminding us of our past, the pink triangle reminds us of our present. Even as I write this, people are fighting all over the country to pass legislation that would limit gay freedoms under the guise of restricting the spread of AIDS. Our government still clearly considers the death of gay people to be of small importance. It is not coincidental that groups such as ACTUP use the pink triangle on their T-shirts and flyers; the link between the concentration camps of yesterday and the concentration camps of tomorrow is clear.

Perhaps most importantly, respecting the pink triangle is a way to respect ourselves. In many oppressed groups, the symbols of oppression have become the symbols of pride: the crucifix, the "Jesus fish," and the Star of David are but three examples. Our symbols of pride must be cherished as we cherish our pride itself. I could not imagine a Jew suggesting that you put a Star of David in the right rear window of your car if you are single, nor could I imagine a Christian making a similar recommendation about a cross. If we belittle the pink triangle, we belittle us.

There is also a more simple point: It is tasteless, even disgusting, to advertise our social and sexual availability under a symbol of death.

Ultimately, we are lucky to have the pink triangle. It provides us with a symbol of unity and focus that the gay community has lacked in the past. Other symbols have not taken hold, for one reason or another. The Greek lambda didn't gain the attention and acceptance needed to be a potent symbol. The intertwined women's signs has gained acceptance, but it is a specifically lesbian sign rather than a gay one that includes all homosexuals. The pink triangle has the weight of history; it has the blood of our ancestors resonating throughout its simple shape. It speaks of our resolve never to be rounded up again, never to be so oppressed again, never to accept being murdered by the thousands again.

To us it as a symbol for cruising is an insult to the hundreds of thousands of gay people murdered throughout history for being gay. It is also an insult to ourselves.

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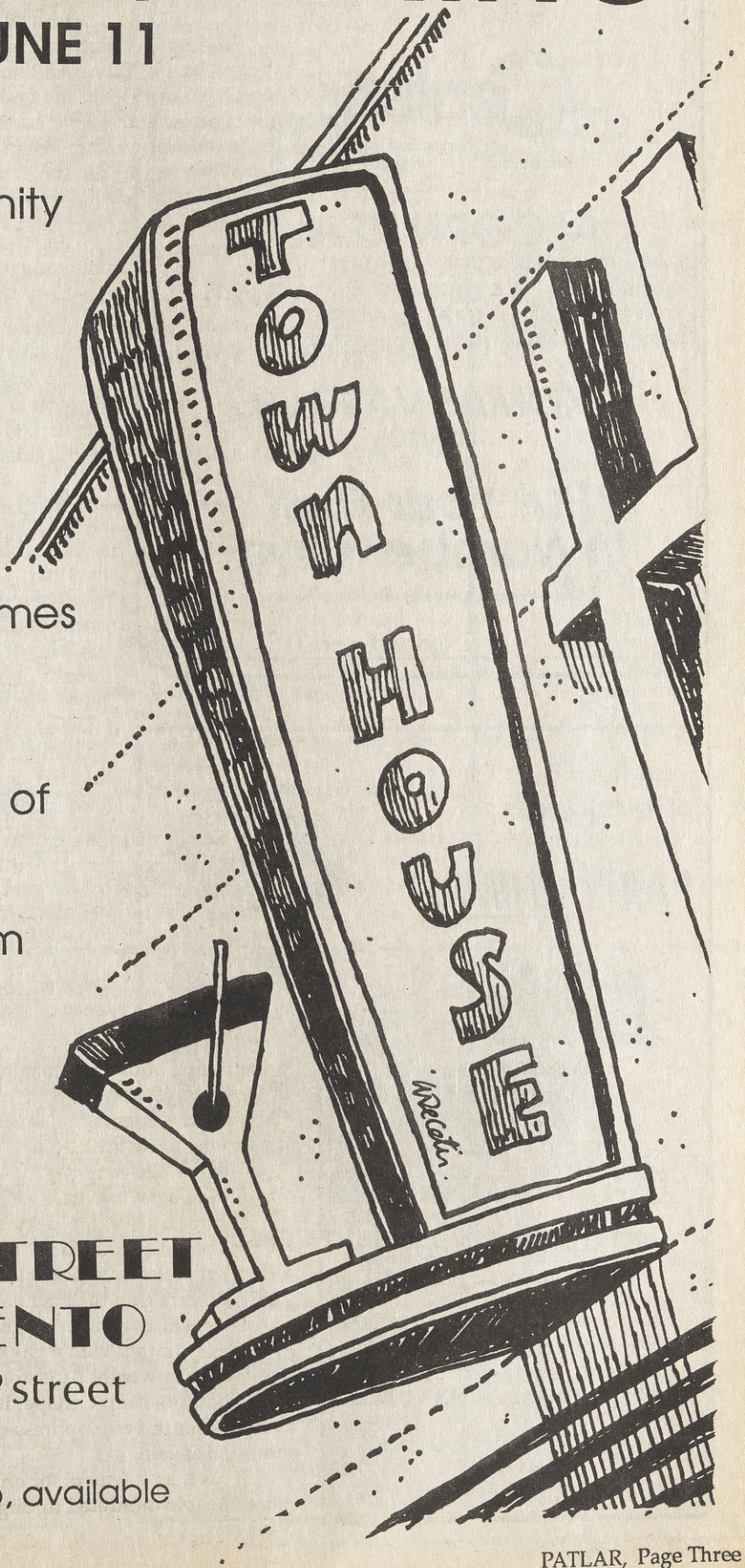

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HORNER'S CORNER

by Lee Horner

A Quick Look At The Rock Hudson AIDS Situation

Probably the single most important health issue concerning everyone today, regardless of lifestyle, is the rapid spread of AIDS. Because in advanced stages this can be a fatal disease and because it is spreading in geometric proportion within both the gay and non-gay communities, it is now properly viewed as a national crisis, not merely a problem of the gay population.

Fortunately, one who tests positive for the HIV virus is not automatically sentenced to death. It is entirely possible for the virus to remain dormant for years, perhaps never to surface. There are medications now in the experimental stages showing great promise.

So what happens when someone who is infected with the HIV virus, who knows he is infected (and who, we can infer, knows of its highly infectious state) intentionally continues what the doctors call "high risk" physical relationships?

If Party A, the infected individual deliberately engages in high-risk physical contact with Party B, when Party B has no knowledge of A's infected state, is A answerable for his conduct?

From the various accounts reported in the media, it seems that Rock Hudson died of AIDS-related problems. It has been reported that he contracted the virus at least six months prior to his death and that he engaged in "high risk" activity with his long-time lover without first disclosing his infected status.

After Hudson died, his lover, believing that he was now infected and would die as a result of HIV complications, sued Hudson's estate and recovered a judgment, it is reported, for a considerable amount of money.

If the complainant (Hudson's lover) isn't proven to have the virus, or it isn't established as being active and certain to lead to his death, then how can he recover damages? Isn't this just all speculation on his part?

The case may still be appealed, so we can't at the moment predict the final result. However, the judgment in favor of the lover appears to break a number of legal precedents.

Normally, you are responsible for your actions and can be held liable for monetary damage if your actions, whether intentional or negligent, cause harm to others.

First, it has to be proven you've done something to cause harm. By driving your car 90 MPH in a 25-MPH zone near a school when school has just let out is an act reasonably likely to inflict serious physical damage on pedestrians who get in your way. Such an act is a crime whether anyone gets injured or not. But we are discussing non-criminal (civil) acts. And civilly, if there's no injury in this circumstance, there's no recovery. Someone who has not been hit by your speeding vehicle can't sue you because he "might" have been hit. No harm, no foul.

Also, if there is injury, the injured party can't just run to the court house and demand a few million for his trouble--he has to take active steps to minimize his damages (lawyers call that "mitigation") to reduce the ultimate damages the bad guy has to answer for.

The reports on the Hudson case that I've read indicate

no immediate ascertainable damage, no mitigation, and a verdict in favor of the complainant lover anyway. It would appear that this would be contrary to most established legal principles if the reported facts are true.

Also, who do you believe? Did the lover actually know about Hudson's infected state? Did he, then, knowingly consent to "high risk," unprotected sex? If he did, then shouldn't he bear some responsibility for his own resulting injury, if any? These questions readily come to mind. As more of the Hudson case becomes available in the legal media, we will comment further.

It would appear that the courts will hand out damage award against individuals who knowingly and intentionally act in a manner that is substantially certain to result in serious bodily harm when such harm occurs, and this can and usually does include "punitive" damages.

Next month: IRS has just notified you that you owe $3000 in income taxes for 1984, and they are about to attach your wages, car, etc. to collect. Can they be stopped? The answer is emphatically YES--they can be STOPPED COLD and the tax obligation eliminated altogether. Impossible? Don't you believe it!

We'll talk again!

HOROSCOPES

by Dr. Pat Larr

GEMINI (May 21-Jun 20): The aroma of leather scents this month with hot sex. Don't burn yourself out before a hot blow-out at month's end.

CANCER (Jun 21-Jul 22): Practice. Practice. Practice. This month your perseverance pays off. You've got to hand it to that other fella.

LEO (Jul 23-Aug 22): Long-distance phone sex is your best bet the first of the month. You know how to breath hot and heavy, don't cha?

VIRGO (Aug 23-Sep 22): You're at sixes and nines when your favorite number keeps rearing its ugly little head throughout the month.

LIBRA (Sep 23-Oct 22): A spray of sexual fireworks proves you're a Yankee Doodle Dandy. Enjoy.

SCORPIO (Oct 23-Nov 21): Two very hot heads cum together the end of the month. The stars guarantee a warm glow and a silly smile on your face when you're done.

SAGITTARIUS (Nov 22-Dec 21): It's dripping and it's after you! Look out this month. A big man about town is after you in a big way.

CAPRICORN (Dec 22-Jan 19): Your favorite fanny calls out to you mid-month. It's time to wave back: Or so say the stars!

AQUARIUS (Jan 20-Feb 18): Yes, Venus enters Uranus. (The stars just never tire of this joke.) Enjoy!

PISCES (Feb 19-Mar 20): That special someone bends over backwards for you and you know how you like that. Beware of Latex!

ARIES (Mar 21-Apr 19): A jockstrap plays an important part in your playtime. You and it are stretched to the limit this month.

TAURUS (Apr 20-May 20): A country-western dance leads to adventure mid-month. One small two-step for man, one giant leap for the raw stuff.

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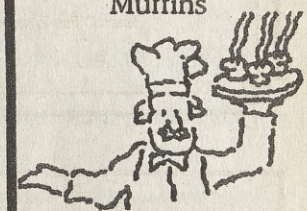
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THE "NEW COORS"

The Adolph Coors Company, brewer of Coors' beer, in recent months has been actively campaigning to dispel its anti-gay image of the 70s. Many gay leaders believe it is time to "forgive" Coors.

It is now believed that Coors never donated any money to Anita Bryant's intensely homophobic "Save Our Children" group. The widespread belief in the nationwide gay community that the company had made such a contribution was a major factor in the development of its anti-gay image.

For the last ten years, the Adolph Coors Company has been persona non grata in the gay and lesbian community. The brewery was formerly run by reactionaries to the right of the John Birch Society. Employment policies came under fire as racist, union busting, and homophobic. There were no signs of improvement by the late 70s. Consequently, a coalition of unions, civil-rights groups, and gay activists called for a boycott of Coors' products in 1978. The boycott was very effective.

The boycott ended last year. The new leaders of Coors, led by Jeff and Peter Coors--as President and Technical Director respectively--are moderate in their outlook. Their efforts to make amends have been so effective that the coalition called off the resistance movement. Part of this effort and outreach campaign involves a national advertising campaign in the gay and lesbian press promoting Coors' beer.

In 1989 Coors donated many thousands of dollars to community groups--and to AIDS service organizations. Black Enterprise magazine recently named Coors as one of the top recruiter's of minority talent in the nation. Since 1983, Coors' Equal Opportunity Policy has included "sexual preference" in their company list of non-discriminatory items. This, by the way, makes Coors the only known brewery to have such an equal opportunity policy.

As of this writing, Coors is not only working to dispel its anti-gay image, but they are also helping the gay community at large. Numerous fundraisers have been underwritten by them. There have been many donations to help AIDS-related organizations; some recent examples include a $10,000 contribution to help underwrite an AIDS Walk in Orange County, California and $15,000 to stage a BB King concert in Maine with all proceeds going to a fund to help pay medical bills of AIDS victims.

FAUX PAS

by Ed E. Kett

Dear Mr. Kett:

Recently a new guy in my office building struck up a very, very friendly conversation with me in, of all places, the men's room. This conversation was much more friendly than I've ever had with the straight men in my office building. Was I to take these friendly remarks for a pick-up?

Yours,
Winthrop

Dear Winthrop:

A gentleman, by the very definition, isn't dense. Anyone who wants to get to know you in the bathroom also wants to get to know you in the bedroom as well.

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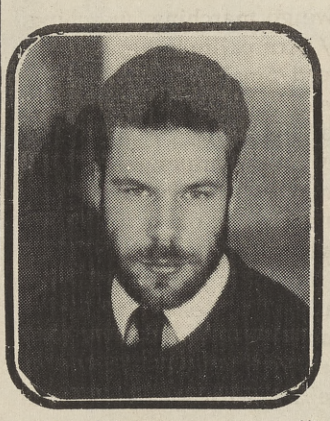
IN MY OPINION

by Mel Dahl



Another Gay Pride Month is upon us. Both heterosexual society and closeted gay people wonder why it is necessary for gay people to be open about their sexuality rather than just keeping quiet and hoping nobody finds out. While I don't have any ill feelings toward gay people who choose to remain in the closet--that is a personal decision that they have the right to make for themselves--I can think of four very compelling reasons to open the closet door, with dynamite if necessary, and to emerge into the world. I shall refer to them as the Four Calls.

First is the Call From Above. I don't care if you are a Christian, Jew or Moslem who believes in God as traditionally defined; an adherent of an Eastern religion who believes in a different kind of a God; or an atheist who believes only in yourself: It is not the will of whatever you call God to be untrue to yourself. Every religion in the world, from Christianity to Taoism, from Islam to Humanism, from Hinduism to Judaism, from Marxism to Animism, is unanimous on this point: There are some rights that come with being human, and one of them is the full expression of that humanity. Creation cries out for full expression of its rich self. Life itself tells its human children to be themselves, whatever that self entails.

Next is the Call From Beyond. When the harassment we American gay people take from out government, we tend to forget that relative to much of the rest of the world we are doing quite well. In Albania, gay people are shot. In Cuba and China, gay people are sent to concentration camps. In the Soviet Union, gay people are routinely interrogated by the KGB. In South Africa, possession of gay literature (including, probably, the magazine you are now reading) will get you ten years. In New Zealand and Canada, gay literature is stopped at the border.

As we march for our civil rights, the rest of the world is watching. Our gay brothers and sisters in Albania and China and Cuba hope and pray with all the earnestness of their beings that we will succeed and show them that it can be done. They silently cheer for us in our triumphs and weep with us in our defeats. They know that our struggle will impact on their struggle. Just as the apostle Paul had a vision of a man from Macedonia saying, "Come over into Macedonia and help us," so our comrades in arms say to us, "Win one for us."

Third is the Call From Behind. It has now been nearly a thousand years since the Pall of Homophobia descended on the Western World, and through most of that time our ancestors sat in darkness with no hope. I cannot imagine what it must have been like to have been a homosexual in Europe in the Middle Ages; I have a hard enough time imagining what it must have been like to have been a homosexual fifty years ago in America. I can't imagine life with no gay organizations, no support groups, no sympathetic churches and synagogues, no political pull, and no effective method (except sheer dumb luck) of finding others of like

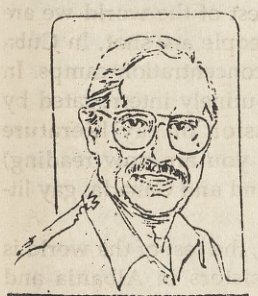
mind. Many gay people still living are old enough to remember spending in fear a youth that should have been a time of enjoying sexuality.

Like the song says, "As we go marching, marching, unnumbered gay folk, dead/ Are calling through our singing their ancient cry for bread/Small joy and light and music their drudging spirits knew/Yes, it is bread we march for, but we march for roses, too." Those gay people of long ago, and not so long ago, silently watch our progress.

Finally, there is the Call From Within. Everyone of my readers who has taken the step of coming out into freedom knows all about this call. We who have tasted liberty, who have allowed that portion of ourselves to blossom, who have soared into the blue heavens like eagles, will not for all the world forsake that freedom. There is no price high enough to make us willing to again put on the chains of oppression. We are what we are, and what we are needs no apologies.

The human spirit yearns to be free, and once that spirit has tasted freedom no power in heaven or on earth can ever bind it again. Is the spirit of gay liberation familiar? It should be. It is the same spirit that made Martin Luther fight for religious freedom; that made America's immigrants come to this country in search of a better life for themselves and their children; that made slaves run away from their plantation masters; that made suffragettes demand and end to gender-based discrimination; and that caused 100,000 people to assemble in Washington to hear Martin Luther King talk about his dream. Human nature seeks liberty; slavery is an unnatural condition. As long as there are daffodils and butterflies and birds that sing, the human heart will call out for freedom.

The calls have gone out; it is for each of us to determine what the answer will be.



RALPH

and there is more...

A few of you have asked me just how I could conclude a recent column on addiction by simply saying that the answer was love. I shall respond to that by reminding you that I use the word in its largest sense--in what Jesus meant with his "new commandment" that we "Love one another." That may include--but is not the same thing as--romantic, passionate, infatuated love; love in this larger sense means, as you who have read me before know, the definition that comes from Werner Erhard: "To love someone is to give them the space to be exactly the way that they are . . . and are not."

One of the attendees at an AA conference put it this way: "We will show the next drunk who walks in the door the same love and support that we found when we first came to AA." I think that says it in terms of how "love" addresses the addict. But there is another "piece" and that is AA's observation that no one other than that addict can make the change, and hence their insistence that s/he has to "hit bottom" and realize that it simply is not working. That's the beginning of letting go of "denial," a crucial first step. But, you do "give space" to that individual and in that sense, love them. You even given them the space to totally destroy themself, if that is what they continue to do. You cannot

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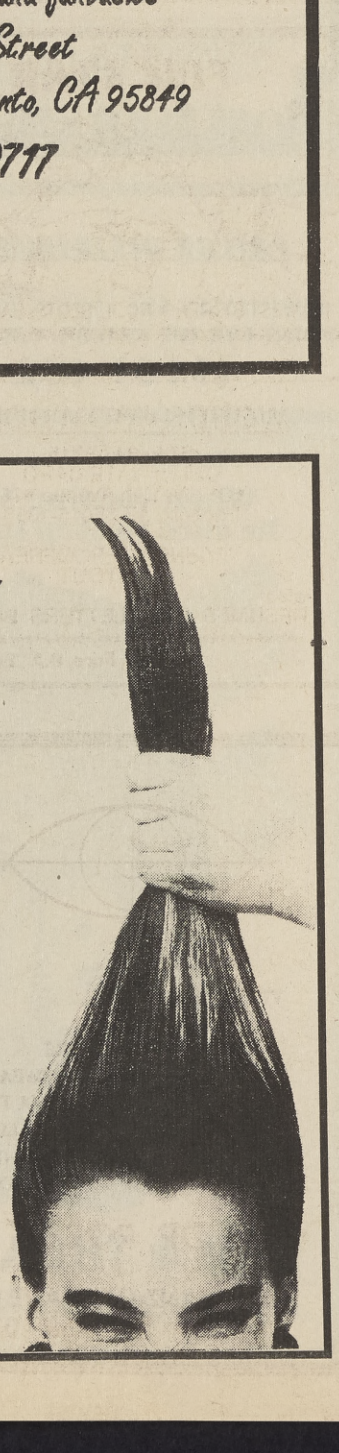

"stop them." None of that works. To try and to continue to bail them out and otherwise clean up their messes constitutes nothing more than aiding and abetting and facilitating their continuing addiction. To do so is to play the "enabler," is AA's way of putting it.

Thus, for the non-addict, dealing with the addict does mean "loving them," but in the sense explained here. It is what is sometimes called "hard loving." It most certainly has to be done in a way that does not trap you in the addict's problems, for then you become a co-addict and find yourself with problems just as severe as the addict.

But what if the addicted individual is you? Is love still the answer?

Of course! What any person with an addiction lacks is a solid sense of self-esteem, and the addiction provides an escape from that, or a palliative, or a distraction which seems--at first at least--to allay that sense of unworthiness. All of the booze, or the sex, or the cars or clothes, or collections of anything apparently make everything "all right," but, unfortunately, only momentarily, and one ends up in Eric Hoffer's endless pursuit of " . . . what you really don't want." And the only way out of that is to find the way or ways to begin to love yourself. This can be a long-term process and there are anynumber of avenues for working toward it. An appropriate support group can be very beneficial. Tapes, whether subliminal or not, can help. The use of affirmations can also assist in the process. For some, therapy may be indicated. My own preference is for an approach such as Neuro-Linguistic Programming, or Hypnotherapy, where effective changes in one's self-concept can be accomplished rather quickly--in a few session in in many cases.

And there is another approach, which I've mentioned in this column before, and that is **A Course in Miracles.** This three-volume work of 1200 pages (or the single-volume paperback edition) will lead a student through at least a year of individual lessons which, if pursued, will bring him or her to a recognition of their connection with the deity and their total worthiness. I can attest to that in my experience as well as in that of others whom I've known who worked with the course.

There is a very interesting twist to how **A Course in Miracles** leads you to the recognition of your own wonder and beauty. And, you can "steal" that pie of the course in this manner: BEGIN TO LOVE OTHER PEOPLE! I mean, again, love in the "giving space" sense. Do it by gradually learning to forgive, with increasing frequency and with deeper and deeper completeness anything and everything that you can think each particular person "did to you." Forgive them their shortcomings and their excesses. Forgive them their indecision, their forgetfulness, their stubbornness, their stupidity. And, their "transgressions" against you!

This, you will find, can become a lifetime's endeavor! You start out with a few little things--like the waitress who is a bit cross at breakfast, and you work your way up to your boss, and your life-mate and your parents (and your children!) and one by one, everyone in your life.

Does this sound like a totally insane approach to building your own self-esteem? Well, the truth is that is does work. I can tell you the reason that it works, but that may dissuade you from trying it, but I'll tell you anyway!

It works for the simple reason that anything which you are disliking, not comfortable with, loathe in any other person is ultimately something which you equally or even more strongly dislike, are uncomfortable with or loathe in yourself. Rather than confront this "shadow" side yourself, you

project your disdain onto others, hoping to escape your recognition of the flaw. Surely you already know from your basic first psychology course that the "adjustment mechanism" of projection. Well, once you begin to forgive others for the things you don't like in them, you have begun a process of self-discovery which lets you recognize that it is yourself that you are hating, not that other. Forgiving others becomes a way of letting that self-hatred go,.

Fortunately, beginning to forgive that other ultimately means that you are forgiving yourself.

Let me share a personal anecdote. I have an IQ in the upper ranges as attested by various standardized tests. I am, I think, rather bright. But, I cannot stand stupid actions of others. Surely I cannot be "projecting!"

I've maintained all my life that in this case the theory breaks down. But it took my beloved Patrick to point out, when he'd heard me make this case in front of a group of our friends, the following:

"Ralph," he said, "have you ever noticed what you do when YOU do something dumb?"

CAUGHT DEAD TO RIGHTS! For, when I screw up, I release a stream of profane and obscene criticisms, directed at that "stupid asshole" who is Ralph Walker!

Yes, the answer is love. And, we can learn it by recognizing that love in it broadest sense is forgiveness, doing unto others as we would that they do unto us, allowing, permitting and supporting ourselves and others in that.

It was many years ago that I arrived at the realization that every case of distorted or disrupted personality is ultimately "a failure of love." It has never failed to continue to prove true throughout my lifetime of experience. The only difficulty in that being clearly apparent is that all too often we think of love as being passion, sexuality, infatuation, attachment. Love may indeed, at some point in its process of manifesting, be or include any of these. But the basic element of love IS that willingness to allow another to BE! Yes, love IS the answer!

[Further info about **A Course in Miracles**, or books on addiction, or support groups, or an outline of how to create and use affirmation may be had by writing to Ralph at PO Box 556, Sussex, NJ 07461.]

WORDS FROM HOME

by Lynda J. Foro

Hale & Hearty

Picture this: A social gathering, a dinner perhaps, with guests "clacking their jaws." Animated conversation, you say? How about talk with a twist? One or more of these "clackers" may be suffering from temporomandibular joint syndrome, or TMJ. That "clacking" sound could be made by faulty jaw movement. And they're just whistling Dixie.

Medical science now recognizes the TMJ phenomenon as the cause of a multitude of ailments. Symptoms include ear and neck pain, dizziness, headaches and assorted other complaints of the head and shoulders.

An estimated eight to twenty million persons in the United States suffer from TMJ disorders. Sophisticated diagnostic procedures help determine whether TMJ pain is caused by "mechanical" problems, such as improper bite or tooth grinding: muscle tension, often stress-related; or by a

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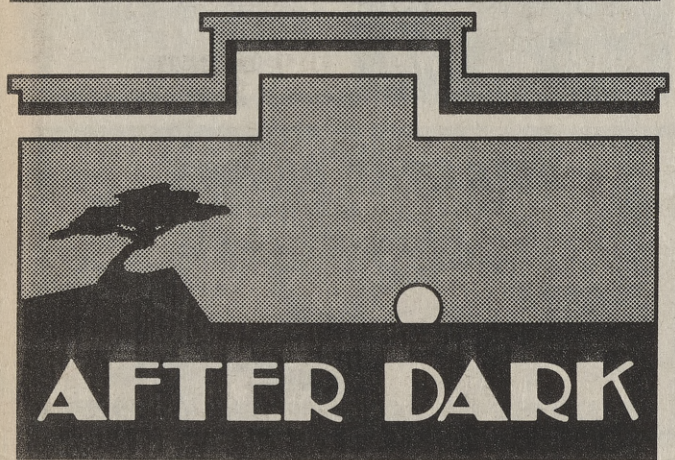

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structural abnormality of the jaw. Monitoring devices include arthrotomography (X-rays); CT scans (computerized axial tomography); MRI (magnetic resonance imaging): and arthrophonography (APM), a new procedure that uses microphones and a computer to register noises from jaw movement.

In the early stages of the disease, arthroscopy may be useful for diagnosis or treatment. During this procedure, a small incision is made to insert a tiny device, and fiber optics allow the doctor to see inside the jaw. Occasionally repairs can be made through the incision, or medication administered to the affected area.

Remedies for TMJ syndrome are many, and can range from dental braces or retainers for mechanical problems; to counseling and biofeedback for stress-related causes; to surgery for the repair of structural malformations. In some cases, the entire jaw is replaced with a plastic or metal substitute. (This procedure is new, and there are only a few qualified surgeons ready to do it.) Consultations for TMJ symptoms are available with oral and maxillofacial surgeons and other dental and medical experts for diagnosis and treatment of the disease.

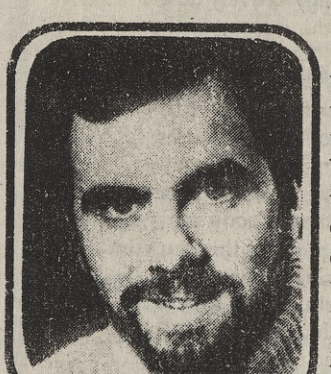
For further information on TMJ phenomena, call 1-800-522-8877, or write to TMJ Infosource, 3540 Wilshire Blvd., Suite 310, Los Angeles, CA 90010. A free brochure on TMJ causes and treatments and a referral list of TMJ experts will be provided upon your request.

Not the least of the theories regarding TMJ is that the syndrome is the hidden activator of ESP, or extrasensory perception, according to a copyrighted article by Stan Morrison. Certainly when we describe a person as having a glass jaw, or think of chewing jaw-breakers, it gives us pause to appreciate the role of this important facial joint. Until now this part of our anatomy may have been unappreciated, but it ranks right up there with other G-spots, and I ain't just jawing.

THE NEXT WAVE

by Douglas N. Lewis

Life In The Last Lane--Part II
The Passing Lane



After writing my last column, it being a bit dark in thought and grim in tone, I wanted to follow up with the brightness and positive feeling that reflects my current state of being. I think that my last column helped in some secret, underground-river sort of way, to jettison a lot of the fearful baggage that I had been carrying around since the AIDS virus entered my life. By taking the opportunity to express myself, I found that a lot of the negativity that I thought I was stuck with has floated away, evaporated with the mists of time. Thank God. And thank the PATLAR. And thank me.

Lately I've found those inner reserves of strength and self-love that provide us with the power to make fundamen-

tal changes in our lives. I seem to have tapped into a real geyser. Its rush and momentum blasts through the old patterns and leaves in their place the endless possibility for health and happiness. I sound like a self-help manual, don't I? I guess I am in a way. Because a lot of what is happening to me is all centered on myself. No man is going to come riding into my life on a white charger and suddenly transform my life into a fairy tale, if you'll excuse the pun. No event or experience is going to somehow bring me lasting joy and happiness (No, not even winning the lottery!). And no new environment is going to remove the walls and petrified emotions I have dividing my heart. Only I can change what needs to be changed. And sometimes it can be as easy as changing a personal habit, like quitting smoking. I finally did it. It was so tough only because I looked at it as if it were tough. And I finally realized that I am much tougher.

The biggest changes, however, are attitude changes. As we mostly already know, so much of life is simply POINT OF VIEW. If you THINK something is fearful, controlling and depressing, then it is. Of course, so many things that guide us and teach us are buried deeply within our belief systems and we rarely, if ever, think them in conscious thoughts. That's why we owe it to ourselves to take as much responsibility for the bad things that happen to us, as well as the good, so that we can discover what it is that we really believe. If we congratulate ourselves and pat ourselves on the back when something good happens, and then blame everybody but ourselves when something bad happens, we do ourselves a great disservice. Or if we take no credit for either of those things, what does that say about what we think our role is in the larger scheme of life?

Actually, what happens to us is immaterial. The secret to happy living, I think, is in how we respond to WHATEVER happens. The difference can be seen in observing how two different people react to the same life experience, especially a traumatic event. The one who responds in a defeated and/or negative way usually gains very little from the experience. And the one who responds in a triumphant and/or positive way grows tremendously and uses the traumatic event as a steppingstone to further success. It's the concept as simple as having a positive attitude that we seem to so easily miss somehow. But the more simple the idea is, the more profound and powerful is its reach and effect. This is not just about filling our heads with positive thoughts. It's about responding with a positive attitude, which is deeper and more built into the character and personality of a person. Bad and painful things happen to everyone; it's unavoidable. Your response is the key.

I think the key to response is in action. "Oh woe is me!" is no answer to anything. DO something. Actively take a negative occurrence in your life and do something about it. If you're feeling depressed or angry or fearful, find that something that makes you happy and DO IT! Find those memories that make you laugh, or those that make you feel powerful, and inject them into your current state of mind, thereby taking control of whatever moment you're experiencing. You can even train these positive reactions into a physical cue so that whenever you're feeling fearful or bad, a simple gesture or body movement will remove you from that state of mind. I know this can work. I recently proved it to myself by walking across hot coals in my bare feet--and if that's not a fearful situation, I don't know what is. (By the way, I didn't get so much as a singe. DO NOT TRY THIS AT HOME! This was a specific seminar designed for the firewalk experience.) The point is not firewalking. The point is facing up to fear and anger and depression, the seemingly insurmountable, and taking that step forward anyway.

My recent upsurge happened before I wanted to do something as potentially dangerous, exotic and weird as the firewalk. Nobody need prove themselves to such an extreme to make their life better. So don't wait for an outside force to better your life. Take those first steps into the seemingly treacherous waters of change, and pretty soon you'll be swimming right along!

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RELATIONSHIPS

Exploring Intimacy:
A Journey of Loving Yourself

by D. Preston Dillon

This series of articles will traverse an interesting, complex, and most important aspect of our lives . . . relationships. It is my hope that this column will encourage a personal exploration of your own relationships.

Any article exploring aspects of intimacy and loving must include two considerations: (1) the external oppression and alienation which permeates alternative lifestyles, and (2) the ways in which we internalize this oppression and promote deception in our relationships.

Another concern that shades our perception is the use of language. The political implications of using terms that name, label, categorize, and trap our thinking can lead us away from the point being made. This article is intended to open our thinking and deepen self respect. Labels such as gay, lesbian, homosexual, or bisexual will be used in the best context that is possible for this author and are not meant to restrict individual identity, limit political awareness, or distort social preferences.

It is hoped that we do not carry over the judgment and criticism heavily served up by the homophobic, racist community on each other. We can be piercingly brutal with ourselves.

Issues to be addressed in upcoming columns include such things as functional and dysfunctional relationships, codependency, moving through grief and loss, knowing when to let go, searching for role models, healthy confrontation skills, the disease of "internal trashing," moving from one relationship to another, creative ways to keep love alive, communication skills, and being OK with being alone. Your suggestions are welcome.

The column reflects three basic premises:

1. It is possible to have a healthy relationship;
2. You may have to change your thinking and behavior; and
3. Not everyone is ready.

Some questions to consider as we begin this journey include: What prevents us from having lasting, fulfilling relationships? How do we protect the vulnerable, pained aspects of ourselves? What is an appropriate risk? Are we ready to heal ourselves and empower each other for a deeper understanding of ourselves and search for more meaningful, loving ways?

Creating healthy alternative lifestyles is a new frontier. Age, economic status, cultural values, and career standards provide challenges. We are in search of optional ways of being together. But it is not always clear what a good relationship is or how it is supposed to be. We were all raised with different values, beliefs, and ideas. What works for some may be disastrous for others. Some relationships are already very satisfying and happy. Others are coping with reasonable problems and arriving at solutions in cooperative ways. Still for others, every day is a struggle. Being totally at ease in a committed relationship is a journey rather than a destination. Our series will be an exploration of possibilities.

This first article is meant to set the stage. If you are ready to begin this journey, take some time to do the exercise that follows. It will give you an opportunity to examine your own ways of relating and stimulate some questions and insights for future issues. Nothing ventured . . . absolutely nothing gained.

Make a list of all your significant relationships. Create a chart with each person's name at the top. Under each individual, jot down answers to the following questions. The more you allow yourself to be honest, the greater your return.

(A) How did you enter the relationship?

(B) How long was the relationship? (If you were in and out with the same person, count each time as separate.)

(C) How did it end?

(D) Who chose to end it?

(E) What did you like about it?

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(F) In what ways was it painful?

(F) How were each of these issues handled: money, sex, fighting, fun, spirituality, food, alcohol/drugs?

(G) Did you have mutual friends?

(H) Did you maintain your own friendships?

(I) What did your partner contribute?

(J) What made you happy?

(K) How did you feel about yourself with this partner?

(L) How do you feel about yourself now for having been with this person?

(M) How do you feel about them now?

(N) How much time elapsed between each relationship?

(O) Is there anything left unsaid between you?

For some, this kind of exercise can be a painful experience. Memories of the shared joys or loneliness for the one you loved may be overwhelming. For others it will bring up anger, resentments and other intense emotions. Consider doing the exercise with those relationships that were not traumatic first, then as you gain insight, go on to those that may bring up hurt. You may want to go through the exercise with a friend or support group.

For your courage to look at yourself . . . CONGRATULATIONS! You have just taken a few important steps toward a better relationship with the person you're now with or the next relationship you choose to enter. You should be able to see patterns, whether constructive or destructive. Now you have the option to change.

In the past you may have thought that all relationships contained crisis, or had to end in it. By examining patterns you may discover why and how you chose relationships with so much conflict.

What really makes you happy? Are you searching for lovers who are really interested in you? Do you find yourself with people only interested in how good you make them feel? Is it important to be loved for who you are, or do you change to please another? If you choose someone who really cares about you and appreciates your uniqueness, it is possible to love in mutually supportive, cooperative ways. Seeing what you have contributed to each relationship can show you the wonderful qualities you have to offer.

Here is an in-depth look at some of the questions.

Examine your pattern in breakups. If you always feel abandoned, you may be hanging in there out of insecurity rather than any real caring. If you tend to always leave, you may want to look at fear of commitment. Consider leaving a relationship when there is more struggle than comfort. Doing this in a timely and respectful way is freeing for both partners. It can be done without blame or desperate moves. Staying in a relationship because one of you will fall apart means that "leaving" is already past due. There is a time of letting go.

Evaluate the amount of time between relationships. Moving from one to another without time to process your grief or anger will only bring that grief and anger into the new relationship. It is important to reclaim your integrity. Without it you can't move into a new relationship with a whole sense of self.

Do problems repeat themselves from lover to lover? If so you are probably contributing in some way. Would you like it to be different? What behavior, attitudes, or expectations would you have to change to make this happen? Are your expectations reasonable?

If a couple is in isolation, support in time of crisis will be absent. It is important to have your own friends in addition to mutual friends. If you have left friends due to jealousy or lack of trust, you may have already sacrificed real support for false security.

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trust is dead. Dishonesty and use of power kills intimacy. Sex out of guilt, obligation, or in hopes of changing the other is futile, and only leads to further manipulation.

Deceit, shame, and blame not only increase destructive patterns, but also perpetuate a codependent self hatred. Resolution can take man forms. A future article will present ways for resolving differences without dumping anger or blaming each other for your feelings. Unresolved feelings can have power over you. Starting anew with a loving sense of who you are and the quality relationships you deserve can bring a greater sense of fulfillment in your life.

[D. Preston Dillon is a feminist psychotherapist in private practice working with both men and women in groups, individually, and as couples. She is an educator at Leeward Community College and can be reached for private counseling at (808) 988-2188.]

CHEF LUIGI'S WORLD-FAMOUS RECIPES

As the weather warms, a number of outdoor festivals and music concerts are undoubtedly on the horizon for you and that special someone or group of friends. This month we will try a recipe which begs for a romantic evening under the stars.

Chicken Salad
2 chicken breasts (about 2 lbs)
4 tablespoon sesame seeds
2 whole grain onions
6 stalks celery
3 medium red peppers
4 small celery stalks with leaves for garnish (optional)

Soy Dressing
6 tablespoons white wine vinegar
3 1/2 tablespoons sugar
4 tablespoons soy sauce
1 tablespoon oriental sesame oil (optional)
1 1/2 tablespoons minced fresh ginger
1 clove minced or pressed garlic

Steep the chicken in a large pan (4- or 5-quart pan best) for 30 minutes. To steep the chicken, cover the pieces with water by 2 inches after rinsing and cleaning. Remove chicken and keep in a safe place for use later; cover pan and bring the water to a boil over high heat.

Remove boiling water from heat and immediately place the chicken pieces in the water. Replace the cover on the pan and let sit for 20 minutes. Check for be-

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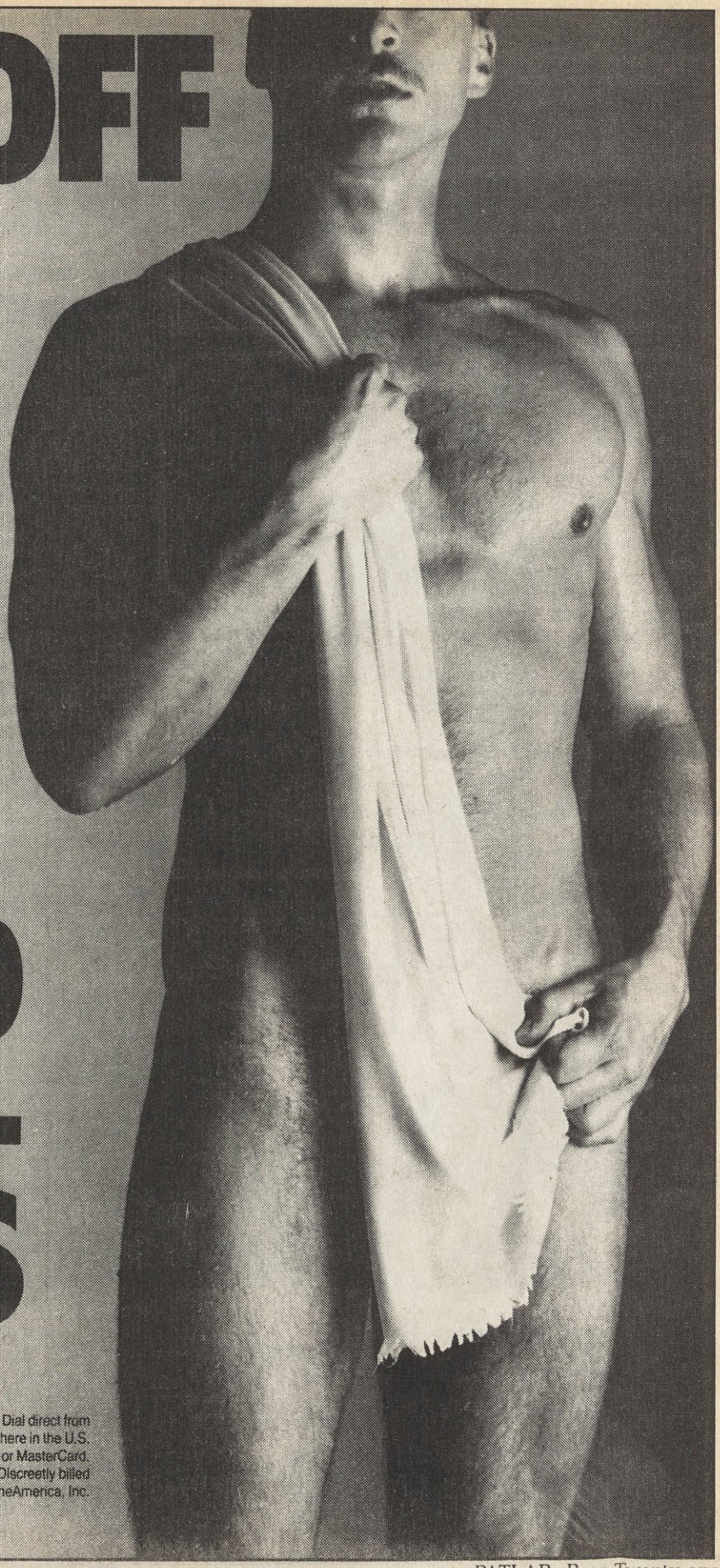

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ing done by cutting the chicken in the thickest part; if still pink return to water for a few more minutes. When cooked, drain the chicken and place in ice cold water to cool quickly. Gently remove the skin and remove the meat from the bone. Tear meat into shreds. (If preparing ahead, chicken shreds may be refrigerated at this point for up to one day.)

Gently toast the sesame seeds in a small frying pan over medium heat until golden brown, stirring or shaking frequently, about 2 minutes. Package in a small ramekin or plastic wrap. After trimming and discarding the ends of the oni ns, cut into 3-inch pieces. Cut the pieces lengthwise into thin shreds; package like the sesame seeds. Cut large celery stalks into thin diagonal slices. Stem and seed the red peppers before cutting into thin strips, about 3 inches long. Make dressing by stirring all of the ingredients for the dressing together.

Mix chicken shreds, bell pepper and celery slices together with the soy dressing. Package for the picnic and refrigerate until ready to go. When ready to serve, place equal amounts of the chicken mixture on appropriate plates. Top each with the sesame seeds and onion shreds. Garnish with small celery stalks.

A dry white wine is the perfect accompaniment to this dish.

CARRYINGS-ON IN GAY SACRAMENTO

(Home base of PATLAR)
by Ernie Brown, Esq.

June should prove to be an interesting month in Gay Sacramento. Have you tried out our two new bars yet? You should; they're great. The Townhouse and Partners. The Townhouse is open and in full swing. Partners is partially open, but should be completely open by the time you read this. Good Luck to both bars . . . Sunday June 11 will be the Townhouse Grand Opening. An all-day celebration. Buffet, Happy-Hour prices, and surprises. Sounds like a fun day . . . Listen up all you bingo buffs. You can now play bingo every third Wednesday nite, starting this month, at the Merk. Sponsored by our own Emperor & Empress. All proceeds go to a chosen charity . . . By the way, if you have not met our new monarchs yet, you will be able to meet them at our Gay Pride Picnic scheduled at McKinley Park on Saturday June 17. They will be sponsoring a booth . . . As a matter of fact, I hope to meet everyone there. It's going top be one of our best yet. Faces is planning a big weekend event for that weekend. I would hope all the bars would get behind the Gay Pride Day project. It only happens once a year . . . Yes, I'm doing it again. My 16th annual bus trip to San Francisco to attend their Gay Day Parade. Will leave the Merk at 8:30 AM and will return to the Merk at 10 PM, with a stop in Vallejo on our way back for a buffet at Pegasus. Fare: $22 which includes round trip, ice, cups & mixes and good companionship. Please make your reservation quick. Tickets are going fast . . . Oh, this sounds good. The Progressive Praise Productions presents their first annual L.D.K. Memorial Concert featuring "Second Wind," an AIDS benefit. $10 donation, Saturday June 17. This to take place at The River City MCC. The band will feature an exciting counterpoint of voices with the rich baritone voice of Chuck Vickers and and resonant tenor voice of singer/songwriter Lenny Jay . . . Joseph's, keep up the good work in your dining room. Those $3 Sunday brunches are winners. And your upstairs patio is going to be a winner too . . . The Merk is planning a grand unveiling of the New Merk. It's just about finished now . . . The Buffalo Club has a calendar full of events that will keep you entertained all week. Check it out . . . For that early morning drink, try The Breakfast Club at The Western. You might just meet your Mr. Right there . . . Your softball team needs your support. Give it to them. They will be off to Vancouver soon for a tournament . . . Don't forget Wednesday is still men's night out at BoJangles. It's madness.

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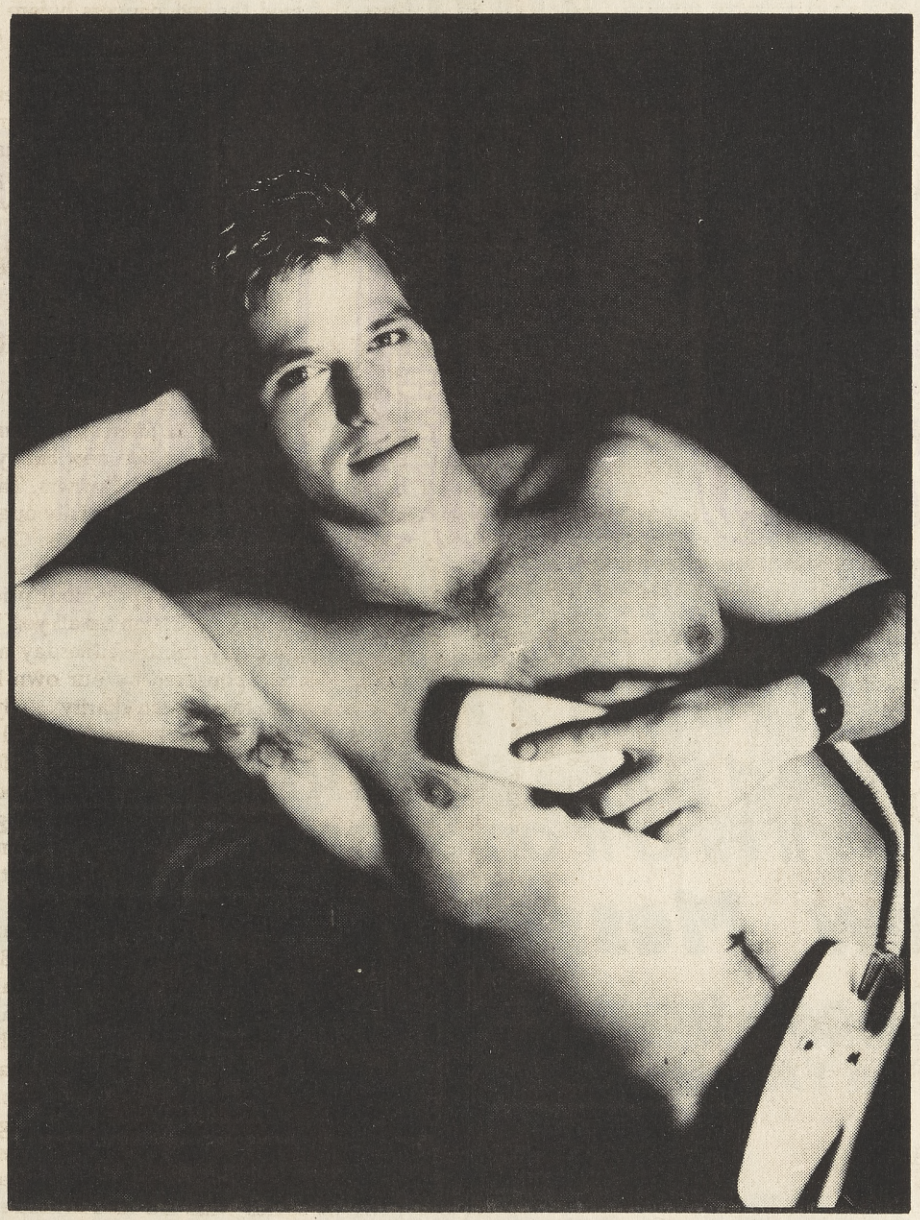

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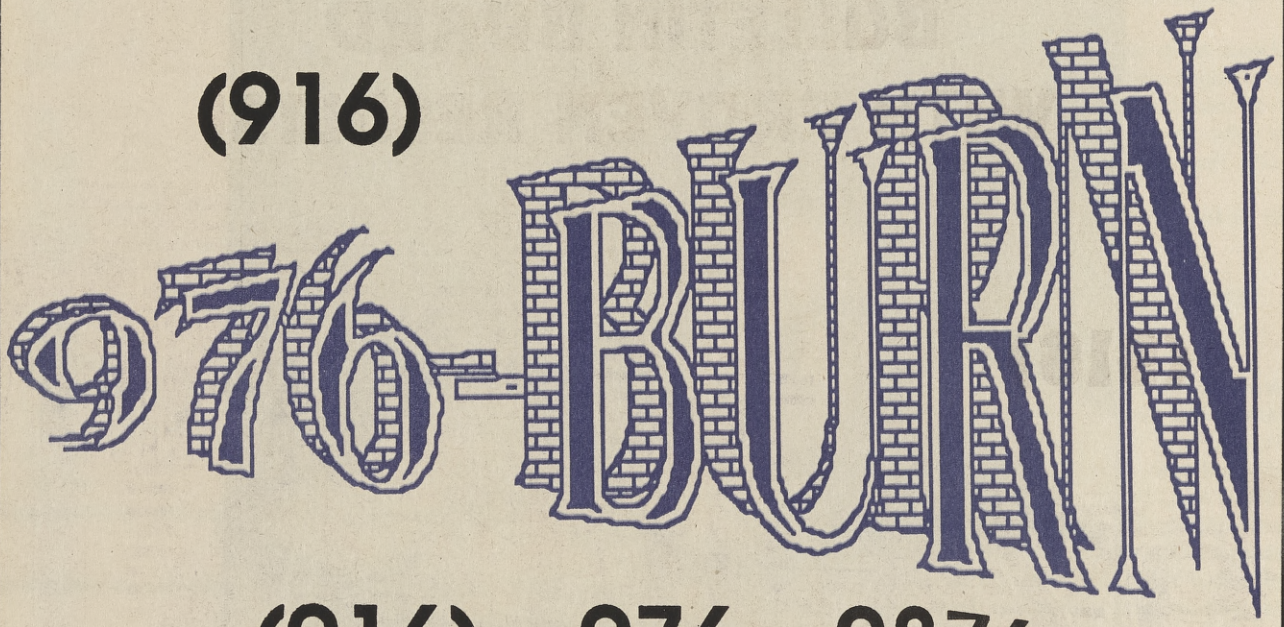

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WANTED: Volunteers and underwriters for Visionz, Sacramento's Gay & Lesbian Television Magazine. Visionz 2128 El Camino, Box 113, Sacramento, CA 95821. Phone (916) 641-0704.

LOOKING FOR people for possible Patlar cover models. If interested, call John at (916) 483-1521. Model release required. Must be over 18. [9IE JS]

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KNEADING HANDS MASSAGE, Jeff M. Ramos, C.M.T. (916) 446-0605. [9IEME]

BODY RUB, reasonable rates. Greg (916) 443-4173. [96ME]

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PERSONAL

GWF, looking for companionship. Writer Patlar PL-142, PO Box 22402, Sacramento, CA 95822. [96PL]

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HAIRY MEN/admirers: New/hot nat'l. adlistings. Info $3: Hair, 59 W. 10 St., NY, NY 10011. [98PL]

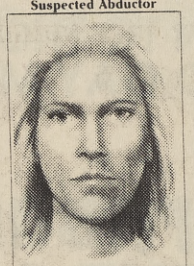
KINDER, GENTLER GUY, hairy, goodlooking, needs similar younger guys for more than once encounters. Write Patlar Ad 7-01, The Patlar, PO Box 22402, Sacramento, CA 95822.

GLAD TO BE GAY? GM, many interests which include outdoors and causes. Have mainstream job. Moustache, fair complexion, good looking. Looking for GM with social conscience, intelligence, energy, and perspective who contribute to the gay community. Write Patlar Ad 3-09, c/o Patlar, PO Box 22402, Sacramento, CA 95822.

Reward! **Kidnapped!** Reward!
Stranger Abduction

Abducted Child

Suspected Abductor



Michaela Joy Garecht
D.O.B. Age:
Hair:
Eyes:
Height:
Weight:

Suspect's Description:
Age:
Hair:
Vehicle

Date of Occurrence - November 19, 1988 Time: 10:15 a.m.
If You Have Information Regarding This Abducted Child, Please Call
Hayward Police Dept. (800) 222-3999 Or **San Francisco FBI (415) 553-7400**

Police Services – City of Dublin

MISSING!

ILENE MISHELOFF
D.O.B.: 3-12-75 Eyes: Brown
Age: 13 Height: 5'3"
Hair: Brown Weight: 115 lbs.
Braces on teeth
Case Number: 89-D-0252

licne was last seen on Amador Valley Blvd. about 2:30 p.m., Monday, January 30, 1989. She was wearing a charcoal gray pullover polo sweater, a horizontally striped pink and gray skirt, black low-top keds, and carrying a dark blue back pack.
NCIC Number: M-342301497

If you have any information regarding this missing child, please call the Dublin Police Services at: (415) 829-0566 or 1-800-635-6306 or the FBI (415) 553-7400

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STRANGER ABDUCTION

MISSING SINCE JUNE 3, 1988

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$40,000 REWARD
For information leading to Amber's safe return

LAST KNOWN DESCRIPTION:
White, Female 8 years old - D.O.B. 8 19 80
Height: 4 feet tall Hair: Blonde
Weight: approximately 62 lbs. Eyes: Blue
Hair style and or color may be different than photo. teeth have grown in by now & most likely are crooked. Amber suffers from migraine headaches, which cause loss of balance and vomiting. She has a hearing impairment and was not wearing her hearing aid when kidnapped, however she is able to communicate. She sucks her thumb when she's tired or nervous. Amber was last seen jumping rope near her home in Pinole, California on June 3, 1988

If you have any information about Amber, please call:
HOT LINE: (415) 724-9066
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LONELY LADY looking for same. Write Patlar PL-145, PO Box 22402, Sacramento, CA 95822. [99PL]

MONOGAMOUS RELATIONSHIP, gwm 30s wants GM 28-39, non-smoker, loves camping, cards, gardening, bicycling. (916) 922-4781. [96PL]

GAY LADY, looking for relationship with oriental lady between 30-45 years old in Sacramento area. Write: Patlar PL-145, PO Box 22402, Sacramento, CA 95822. [99PL]

GWM, 30ish, fairly good shape, bi/hazel, 5'10", 150#, new to Sacto, seeks slim attractive, affectionate GWMs for friends, maybe more. Write: Gerry 2826 Sweet Way, Sacramento, CA 95821. [96PL]

IF YOU ARE a transsexual, pre-operatiave transsexual, or female impersonator and want to meet nice men, join America's only free organization for gals like you--National Female Impersonator/Transsexual Contact Service, Philip Salem, Seattle Gay News, 704 East Pike Street, Seattle, WA 98122 or call (206) 329-TVTS. [9IEPL]

GWM looking for a friend in Sacramento area. Non-smoker, drinker. (916) 373-1833. Leave msg. [94PL]

GWM, affectionate, sincere, early 40s, 6' 150#, looking to meet someone similar, 35-45 for a monogamous, loving relationship as a lover or a friend. Write Patlar Ad Pi 146, PO Box 22402, Sacramento, CA 95822.

WELL TANNED "white bottom" guy, needs masterful attention. For revealing photo, send SASE to: Ken, Box 19792, Sacramento, CA 95819. [911PL]

MEXICAN/ASIAN SOUGHT by GWM 53, 5'11", 190#, hazel, brown, with a broad hairy chest. Seeking small build, dark skin, unhairy type. No smoke/drugs, monogamous, sincere, relocatable only. Photo/letter to Bud, PO Box 62, Woodland, CA 95695 (all answered). [9IEPL]

ARE YOU OUT THERE? What do you really think about when you hear the word friendship? Would you like to have a special friend, a buddy, a companion. Someone to experience life's opportunities and challenges with, exchange ideas and share daily activities with? Are you masculine and do you fit in a straight crowd, easy going, considerate, honest, adventuresome and fun, perhaps lonely but not desperate, healthy, physically fit 21-35 years old, employed or student who has a positive outlook on life? Are you still there? I'm a w/m, 40ish, 5'11", 165, brown-silver hair, brown eyes, moustache, dry sense of humor, masculine, somewhat shy, sincere. I do have very pleasant looks and hope you do also. I enjoy outdoor activities, walking, music, photography, cars, cuddling and sex. I like to participate in life. I cherish strong principles, attractiveness, intelligence, monogamy, good personal hygiene. I'm into safe sex. I'm basically seeking quality friendship and someone who cares. Desiring it will lead to something nice. Are you still out there? I am here. To contact me, write Patlar ad 5-01, c/o The Patlar, PO Box 22402, Sacramento, CA 95822.

PATLAR'S $10.00 SPECIAL AD WITH BORDER

ARE YOU OUT THERE? A delicate male, little body hair, somewhat effeminate, passive in making love, top in sex. Must enjoy this hairy chested muscular man, and be eager to please, both in and out of bed. Age, income, endowment are unimportant; integrity is. Monogamous, relocatable only. Dark skin a plus. I'm earthy, vulnerable, and warm. 5'11", #190, "Rancher" type, and easy to know. Bud, PO Box 62, Woodland, CA 95695. ALL ANSWERED!!!! [91EPL]

GWM, mid-aged, seeks fun-loving younger guy with serious side for friendship, company, possible relationship. I like sparkling eyes, mischievous grins, outdoors, quiet cuddling, sunsets. I value honesty, compassion, caring, intelligence, open-mindedness. I'm a great dad who needs a son to care for/about. If you think you might "fit the bill" write to: Patlar Ad 6-02, The Patlar, PO Box 22402, Sacramento, CA 95822.

OLD, FAT, MEAN & GROUCHY GWM looking for male who will tolerate my disposition in exchange for real good sex. Write Patlar Ad-7-03, The Patlar, PO Box 22402, Sacramento, CA 95822.

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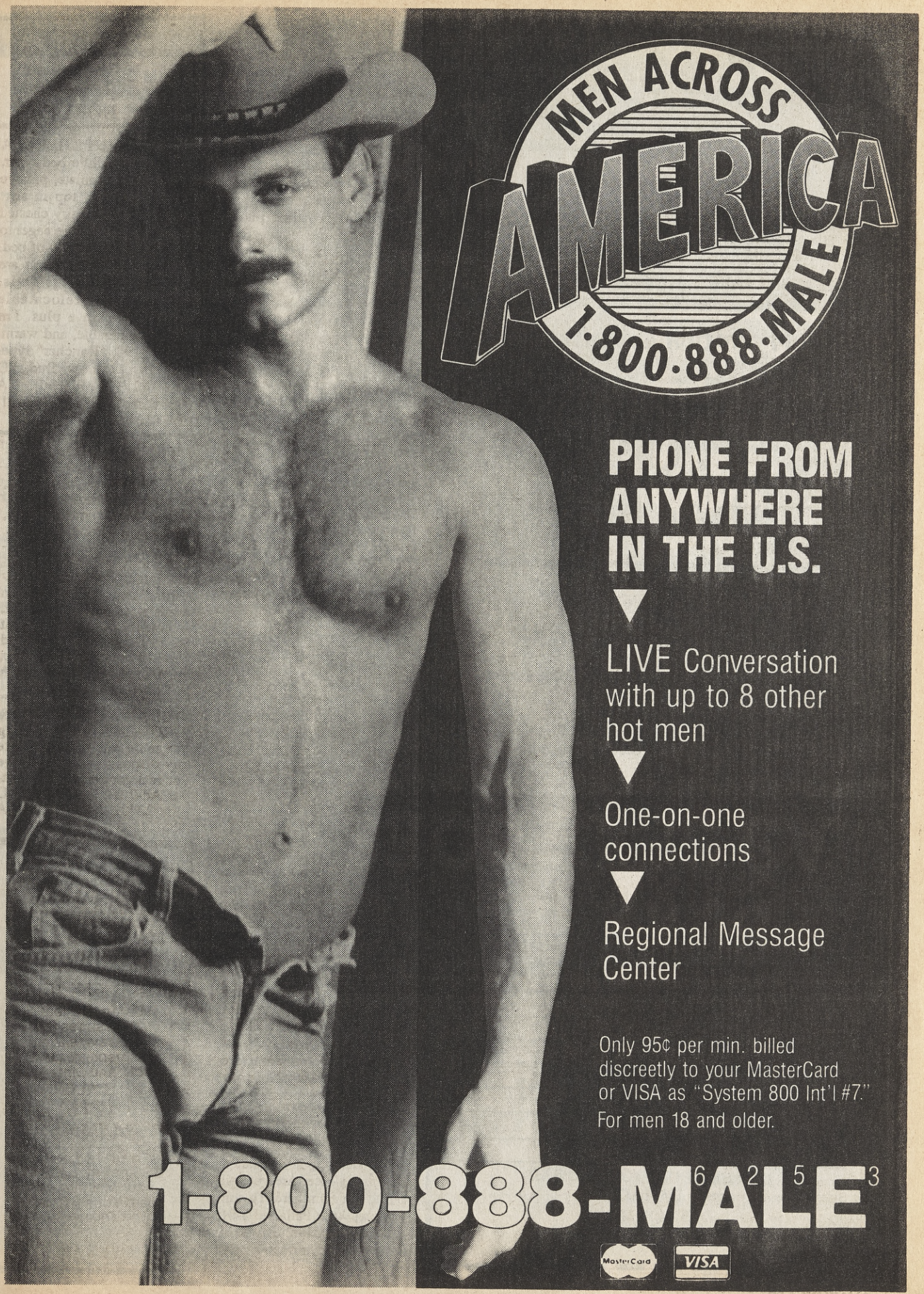
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GOOD LOOKING PHOTO MODEL wanted for private collection. Prefer clean shaven, short, 18-24, hairy legs. Send photo and description to Bill, PO Box 8096, Woodland, CA 95695 [01PL]

LOOKING FOR A GUY who is not into bars and drugs but one who has a sincere and honest desire for a one-to-one relationship. If building a good home life is your goal and you are in your 20s, 30s or 40s, seeking a caring, loving reliable guy late 40s early 50s, write, describe yourself and your hopes. Picture OK but not required. Reply to Patlar Ad 4, PO Box 22402, Sacramento, CA 95822.

GWM, 27, athletic, lean & tall, UCD student, likes to meet health conscious GM (18-30) for long-term partnership. Room for rent. Will answer your letter & photo. Write to Patlar, PL-139, PO Box 22402, Sacramento, CA 95822. [98 PL]

RELATIONSHIP WANTED No more flakes! Are you a cute gay man 35ish to 40ish, cheerful, slim with his act together? Do you enjoy beaches, dining out, and movies? Do you have a sincere interest in forming a permanent monogamous relationship? I'm 40ish, an early riser, a nice man. Are you a nice man too? If so, write Patlar Ad 3-01, c/o Patlar, PO Box 22402, Sacramento, CA 95822.

ONE GOOD MAN is all I need. GWM, handsome, intelligent, mature, enjoys conversation, outdoor activities, books, romance and attractive company. Write Patlar AD 7-02, The Patlar, PO Box 22402, Sacramento, CA 95822.

ORAL SLAVE WANTED with the right attitude, into leather, must be over 30, over 5'10", smooth swimmer's body, defined pecs. Prefer perfection if at all possible. Write Patlar Ad 7-02, The Patlar, PO Box 22402, Sacramento, CA 95822.

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GAY SACRAMENTO ROOMMATES ASSOCIATION. If you have a room to rent, need a room, or just want to meet others, call (916) 483-1521 seven days a week. [9IERS]

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HAWAIIAN oceanfront kauai condo. Pool, spa, tennis, rent by day, week, month. Owners, Tom & Clark. (916) 927-0792. [96RS]

FURNISHED ROOM with private bath in quiet Davis 2/2 home for young male nonsmoker; kitchen and laundry facilities, pool: $270--no lease. Call (916) 756-7820. [99RS]

GWM, seeks roommate. I have a 3 bedroom home in South Natomas (Sacramento) near El Camino & Truxel. Includes pool & spa, $275 mo + 1/2 util. No pets. Reply to Patlar (PL-143), PO Box 22402, Sacramento, CA 95822. [95RS]

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